

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

ORAL HEALTH

WATCH YOUR MOUTH!

More people than ever before are turning to cosmetic dentistry to achieve a celebrity smile. While flashing those pearly whites may make you feel good about your appearance, did you know that the health of your teeth, gums, and mouth also has a major impact on how you feel physically? That is – oral health strongly affects your overall physical well-being.



WHAT IS IN YOUR MOUTH?

The things we eat and drink can have a huge impact on our oral health. For example, the byproducts in soft drinks can soften tooth enamel that contributes to cavities. Similarly, the foods we eat can either improve or decrease these problems. This table indicates which foods to increase or decrease in our diet to optimize oral health:

Increase:

Water
Fruits/Vegetables
Green Tea
Healthy fats

Decrease:

Soda
Sugary foods/Breads
Coffee
Trans fats

What categories do you need to increase or decrease in your diet?

OVERALL HEALTH

- 😊 Speech relies on the alignment of the tongue, lips, and teeth. Palate and dental abnormalities can affect pronunciation, facial expressions, and jaw movement.
- 😊 Asthma and allergy patients have a higher rate of overbite, poor jaw alignment, and an increased risk of chronic mouth breathing. These breathing and bite discrepancies can increase the risk for enamel defects and can lead to cavities, gingivitis, and gum disease.
- 😊 People with gum disease are nearly twice as likely to have coronary artery disease. Bacteria can enter the bloodstream and stick to fatty plaques that contribute to blockage.
- 😊 Improper alignment of the teeth affects the position of the jaw, which can cause poor spinal alignment, contributing to neck and back pain.

Which of the above apply to you?

Is it time to see your dentist or orthodontist?

Coach's Quick Take

Think of your mouth as a doorway to your body, and your body is your home.

Do you need to make changes to properly secure your home?

Consider your diet, dental hygiene, and regular dentist visits.

ORAL HYGIENE 101

Of all the health problems in the body, those involving our teeth are some of the most preventable. Practicing simple daily habits can keep your teeth healthy for many years:

- ✓ **Brushing** - removes the stray food particles, massages the gums, eliminates plaque, and freshens breath.
- ✓ **Regular flossing** - removes the debris between your teeth and is one of the best defenses against gum disease, cavities, and tooth decay.

Test your knowledge!

1. Brush your teeth at least ____ a day.
2. Floss ____.
3. Replace your toothbrush every _____ months or if bristles are frayed.
4. Schedule regular _____ checkups.

ANSWERS: Twice; Daily; Three/Four; Bi-annual



WHAT CAN I DO?

CIRCLE the habits that you need to **IMPROVE** and place a **BOX** around the ones you need to **DECREASE** for optimal health.

Drinking water

Smoking

Flossing 1x/day

Drinking sodas

Getting appropriate vitamin D/sunlight

Brushing 2x/day

Chewing tobacco

Eating fast food



RESOURCES

www.mayoclinic.com

www.westonaprice.org

For More Information visit
www.WellnessCoachesUSA.com